cast on the ground at the time of performing Achama-pam, and the drops of water that he might cast around tend to propitiate the hosts of spirits. The deities, Agni, Vayu, Surya and Indra are situated in the phalanges of one's fingers. The moon-god, with all the sacred pools and sar<c-tuari.es, are situated in the palm of one's (right) hand; lience, the (right) hand is always pure. The sacred streams an4 rivers such as, the Ganges etc., are situated in the lines,, that run across the palm of one's (right) hand.

At the approach of dawn, one shaft attend to the calls of nature, and cleanse his person ; then having cleansed his teeth with a twig, bitten dpwn in the shape of a tooth-brush, he shall take an ablution. A person remains impure, even after clean-sing his teeth$_x$ after the expiry of the previous night; hence,. one shall eat the tooth-twig (twig bitten and smashed in the shape of a tooth-brush), each morning. Twigs of Kadamva* Vilva, Khadira, Ka^ayira, Yata, Arjuna, Yuthi, Vrihati, J^ Karanja, Arka, Atimakta, Jamvu, Madhuka, Ap£m£rga, Shirisha, Audumvara, Asana, Kshiri, and Kaixtaki trees and plants are recommended for the purpose of being used as. tooth-brushes. Twigs of pungent, bitter, a,nd astringent flavours, uspd for the< purpose of cleansing the teeth,,

bring health and happiness to the cleanser. Then having, washed the tooth-twig and cleansed hi.s teeth, he shall wash, his face, while seated in a pure site. To0JtMw.igs should pat be used on days, marked by the new moon* as well as on the first, sixjh Qt ninth day of the moon's wane or increase^ Similarly, the use of tooth-twigs, is prohibited on Sundays* |*n* the absence of any tooth-twig, as weH as on days in which Us u,se is prohibitedy one shall gargle one*s rrvputh with twelve handfuU oi water. A m.oirniagnaWu.tUHi, either before or after tke a,pp.eatance oi the sun on the horizon, is recom-#ien<Jed a,s wholesome; a pure-soiled, and pure-bodiec Wprning-bather becomes competent to practise all religious rites ot Jfapa, etc- The human body, extremely fihhy